



# NAVIGATE & EDUCATE

MONTHLY NEWSLETTER: JANUARY, 2023

**QUESTIONS? CONTACT SCHOOL RESOURCE NAVIGATOR MS. EMILY. CALL/ TEXT: 563-886-4711 EMAIL: ESMITH@NORTH-CEDARSTU.ORG**

## Available Food

- **1st or 2nd Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- **1st, 2nd, 3rd, & 4th Tuesdays** of the Month - 4:00-6:00 Food Pantry @ Peace Church, 414 Maple St, Bennett
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd & 4th Wednesdays** of the Month - 3:30-5:30 Food Pantry @ First UCC, 600 Mulberry St, Tipton
- **2nd & 4th Saturdays** of the Month - 11:00-11:45 Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- **2nd & 4th Thursdays** of the Month - 6:00-7:00 Bring Photo ID, UMC, 307 E First St, Mechanicsville
- **3rd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- **3rd Saturday** of the Month - 9:00-10:00 Food Pantry Drive Thru at Forsquare Church, 1100 N Hwy 38, Tipton
- **Every Wednesday** - 5:30-6:30 Food Pantry @ St. John's UCC, 320 9th Ave, Clarence

Updated 11/03/2022

**The Gathering** - 519 Cedar St, Tipton, IA  
Has diapers, wipes, baby food, and formula.  
Email: [thegatheringtipton@gmail.com](mailto:thegatheringtipton@gmail.com) or  
Facebook message to schedule an appointment for pickup.

## SPEND SMART. EAT SMART.®

Get Help Buying Healthy Foods

### Teriyaki Rice Bowl

Serves: 6 Cost/Serving: 0.83 Serving Size: 1 cup

#### INGREDIENTS

- 1 tablespoon oil (canola or vegetable)
- 3/4 pound boneless chicken, beef, or pork (thinly sliced)
- 2 cloves garlic, minced
- 2 cups water
- 1/2 cup teriyaki sauce\*
- 2 cups instant brown rice, uncooked
- 1 package (16 ounces) frozen stir fry vegetables

#### INSTRUCTIONS

- 1 Heat oil in a large skillet over medium-high heat. Add meat. Cook and stir 5 minutes.
- 2 Add garlic, water, and teriyaki sauce and stir. Bring to a boil. Stir in rice. Return to a boil. Reduce heat to low and cover. Simmer 5 minutes.
- 3 Stir in frozen vegetables. Heat and stir 5 minutes.
- 4 Cover and let stand 5 minutes. Fluff with a fork.

#### TIPS

Use leftover (or planned-over) cooked meat, if desired. If leftover meat is used, skip step 1 of cooking the meat and add the meat with the garlic, water, and teriyaki sauce in step 2.  
Substitute 1/4 teaspoon garlic powder for the cloves of garlic.  
Freeze individual portions for lunches.

\*Recipe analyzed with [Homemade Teriyaki Sauce](#). If store bought teriyaki sauce is used, the sodium content of the recipe will be higher.



Nutrition Facts	
6 servings per recipe	
Serving Size: 1 cup	
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	19%
Total Carbohydrates 37g	13%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 9g Added Sugars	18%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 4mg	20%
Potassium 289mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Free/ Low Cost January Community Activities

### Wapsi River Center

#### Saturday, January 14th @ 10am: Winter Wild Edible Workshop

We will focus on foraging basics, safety, identify plants, and preparing wild edibles. We will take a hike outdoors to identify some winter wild edibles. You will get to sample some wild flavors. Registration is limited and required. Call 563-328-3286

#### Saturday, Jan 14th @ 1pm: Super Critters - Topic Camouflage

Learn about different superpowers in nature. We will explore a different topic or animal group and their super adaptations. Registration is limited and required. Call 563-328-3286

### Clarence Public Library: January Creation Station

Stop by anytime in January to color a wooden snowman tic-tac-toe game board and complete the snowman scavenger hunt.

### Stanwood Public Library

#### Saturday, January 14th @ 10:30am: The Bookworm's story hour

We will be reading "The Snowy Day" and painting with snow.

#### Saturday, Jan 28th @ 1pm: Woodturning program

Paul and Colette Knoll will be sharing their craft of woodturning with us. They will give a demonstration with a lathe and show several pieces that they have created. This program is open to all.

### Saturday, January 21st @ 10am: Ice Fishing and Snowshoeing at

**Rochester Sand Pits:** All ages welcome to this FREE, family friendly event. We will provide the bait, poles, and snowshoes. Dress appropriately. There is no potable water or restrooms so plan accordingly. If you register, we will reserve a fishing pole for you. This event is very weather dependent. To register, please call 563-886-6930 or email [naturalist@cedarcountry.iowa.gov](mailto:naturalist@cedarcountry.iowa.gov) please let us know how many people you will be registering and the best way to contact you.

## NEW TO CEDAR COUNTY:

**AA (Alcoholics Anonymous) Meeting on Thursdays at 6pm. Location: First United Church, 600 Mulberry St. Tipton, IA.**

# WINTER

